



FOR IMMEDIATE RELEASE  
September 30, 2011

CONTACT: Jan Morris  
(309) 888-5446

## **The Flu Ends with You: Additional Flu Clinics Scheduled for October 4, 11, 18, and 25**

BLOOMINGTON—As winter approaches, the McLean County Health Department wants to remind residents to get their flu shot and is holding additional clinic opportunities for eligible residents.

McLean County Health Department will hold adult walk-in flu clinics on all Tuesdays in October at the health department, located at 200 W. Front Street in Bloomington, from 8:30 a.m. to 11:30 a.m. and from 1:00 p.m. to 3:30 p.m. in room 324. Residents who are state employees, or have Medicare, Medicaid or AllKids insurance coverage are eligible to receive a flu shot at the health department. No other forms of insurance will be accepted; however, individuals without insurance coverage can pay a \$30 flat fee to receive a flu shot. Individuals with private insurance should consult their healthcare provider on where to get a flu shot. Children's flu shots require an appointment. Call 888-5455 to schedule.

"During fall and winter, we typically see a spike in flu activity as more people gather together and spread more than just friendship," said McLean County Health Department Director Walt Howe. "It is very important for individuals to protect themselves and others from the flu by getting vaccinated."

The Centers for Disease Control and Prevention recommends that **everyone** over 6 months of age should receive a flu shot. It is particularly important that individuals at high risk of serious flu complications, such as young children; pregnant women; people with chronic health conditions; and individuals 65 years and older, get vaccinated from the flu. This year, only one flu shot is needed to protect you from three flu strains that are expected to circulate. A child less than 8 years of age may require 2 doses if receiving the vaccine for the first time.

Influenza is a contagious respiratory illness that can affect individuals of any age and spreads very easily from person to person. Flu symptoms usually last for a few days and include fever, chills, cough, soreness, and aching in back, arms. Sometimes, a more serious illness may develop that requires hospitalization and can even lead to death.

For more information on seasonal flu and health department clinics, visit <http://health.mcleancountyil.gov>. To schedule flu shot appointments, call (309) 888-5397.

###